



## TO THE TEMPERANCE REFORMER AND CHRISTIAN PHILANTHROPIST.

OF all the diseases which annually sweep away their hundreds and thousands from the land of the living to premature graves that of *dipsomania or drunkenness* is by far the most destructive. Even war with all its horrible attendants cannot vie with it, destroying, as it does, in Canada and the United States alone, over 100,000 annually; and what must the estimate be if we include the drink-consuming nations of the Old World! Dr. Norman Kerr has estimated that 120,000 die annually in the United Kingdom from alcoholic excess. Dr. Lankester estimates 62,000, and Dr. Richardson 50,000, deaths in England and Wales alone. The deaths from violence traceable to drink is, in England, 775 per 1,000,000; in Italy, a sober country, only 240 per 1,000,000. In the United States 38 per cent. of the Imbeciles of the land are traceable to parental intemperance; in England 31.6 per cent is the estimate of the ratio of imbecility traceable to parental intemperance; 14 per cent. of the insanity of the United Kingdom has been assigned to drink. Surely this should cause people to consider. There is no social evil which has had the fostering care of blindness, prejudice and ignorance to anything like the extent that the drink customs have had. Its blighting curse has been felt by every nation in civilization,

and by almost every family in the nation, for has it not had its victims from nearly every hearthstone? What heart is there that has not been wrung with grief and anguish for some loved one that has been carried down with remorseless certainty to be swallowed up in this horrible maelstrom, only to be lost sight of in an early and dishonored grave. And yet high and low, rich and poor, alike, pay it homage.

The *high-born* lady or gentleman think they must have wine to produce hilarity of spirits, only to be followed by dullness and stupidity. The laborer thinks he must take spirits to give him strength to endure fatigue or cold on exposure, only to find himself more feeble, cold and helpless. The sick have it recommended to them by their physician to make them well; the well drink each other's health with it, and sickness follows.

It is everywhere found plying its delusive and destructive fascinations among society. At the Communion Altar—oh horrible hypocrisy! it is blessed by the priest as the representative of the "Precious Blood," that which all Christians do most venerate. In the banqueting hall it is used as the emblem of our choicest offering in which to pledge our fealty and friendship anew in response to the time-honored toast. At the marriage feast it is the *wine* cup with which the good wishes and hopes of future blessing and prosperity to the young couple are expressed. At the birth and christening new hopes are pledged with it, and at the *waking of the dead* its foul presence is again found, often turning the place from a solemn concourse into a bacchanalian riot. In the ball-room and on the battle-field hearts beat quicker, nerves grow unsteady, and eyes glisten with a strange, dreamy, weird-like expression through its influence, and many a stronghold



of virtue, or honor, as well as military, has been lost or won through its subtle power. It not only affects the millions who now tread this earth for *weal* or *woe*, but it is now affecting the unborn millions yet to come.

It touches the father, and he propagates an offspring the result of a *diseased germ*, predisposed not only to inebriety, but also to dishonesty, eccentricity, insanity or imbecility. It touches the mother, and an otherwise healthily generated offspring imbibes, with the very nectar of its life, the disease-producing narcotic, acting silently but surely upon the delicate nervous system, preventing its growth, predisposing to nervous disorders and stomach complaints, and laying, as many believe, the sure foundation of an uncontrollable desire for strong drink or narcotics.

It touches not only the physical condition of man, but also affects his mental and moral being.

The prophecy of the "Earth-born Spirit,"\* given in the Allegory, "Satan in Council," has been more than fulfilled, and yet men see it not, but go blindly on to their own destruction, and *alcohol* goes on with its killing, under the distinguished patronage of the affluent and the great.

How long, O Lord ! shall this fair world  
Be ravaged by the foe,  
Which hath its tens of thousand hurled  
Into the realms below ?  
How long shall men delight to dwell  
Amid the giddy throng ?  
And share, alas ! a drunkard's hell ?  
How long ! O Lord ! how long ?

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\* Eight centuries ago. Vide p. 7.



How long, O Lord ! shall Satan greet  
 The victims of his will,  
 Who bend themselves before his feet  
 And sing his praises still ?  
 How long shall fallen men rejoice  
 With revelry and song,  
 And disregard Thy warning voice ?  
 How long, O Lord ! how long ?

How long, O Lord ! shall parents wring  
 Their hands in bitter woe,  
 And children curse the damning thing  
 Which laid their father low ?  
 How long shall Christian men defend  
 This soul-debasing wrong,  
 And thus the Tempter's power extend ?  
 How long, O Lord ! how long ?

How long, O Lord ! shall there arise,  
 The enemies of weal,  
 Who greet with scorn the widow's cries  
 The orphan's faint appeal ?  
 How long shall men forsake the right,  
 And in their lives prolong  
 This social curse, this moral blight ?  
 How long, O Lord ! how long ?

## SATAN IN COUNCIL—AN ALLEGORY.

Once upon a time, far back in the remote past, Satan, the Prince of the Power of the Air, called a council in Pandemonium. Upon his throne of fire sat Lucifer himself, and upon his awful brow gleamed a burning diadem, that glowed and flashed like living lightning in the murky air. Myriads upon myriads of fallen spirits—rank upon rank of "Principalities and Powers," thronged to the hall of audience. All forms of evil, grim and horrible, gathered around him like satellites around a blazing star. Silent they sat in that illimitable hall, which the sulphurous flames lighted up, while the lurid smoke hung like a mighty canopy over the scene.

Then rose up Satan—born to rule, who "dwelt like a star apart," matchless in evil as in power, and to the infernal multitude thus spake:

Princes and Potentates, who do my bidding, and who best serve me when ye thwart most the Almighty; Listen! Ye know that we have tried our subtlest wiles upon the race of *man*, that we have tempted him at all points, and yet so is he hedged in by holy influences, and watched over by good angels sent from above, that scarcely can we destroy a single soul. I cannot glut my vengeance upon him as I would, to spite Heaven's Monarch. Most noble chiefs, I have called you together to take counsel of your wisdom how we may best ruin mankind, while they dwell upon earth, and afterwards to bring them to this pit of woe. Speak ye, each his mind, and to him who shall give wisest counsel, and offer strongest means to effect this, our royal purpose, I will give the dominion of the earth and the inhabitants thereof, and a seat at my right hand forever!"

Thus spake the fiend, and hell to its inmost centre resounded with applause.

Then rose up Moloch, "horrid king," besmeared with blood of human sacrifice," and spake:

"O chief of many throned powers, that led the embattled seraphim to war, I claim the offered prize. I am the spirit of cruelty. I hardened the heart of the first murderer. Give me the dominion of the earth, O Satan and I will make it one wide Aceldama. I will sharpen the assassin's knife, &c."

Scarce, amidst applause, had the fierce Moloch taken his seat, when Belial arose—the fairest seeming, but withal the subtlest of the fallen potentates. Graceful in form and aspect, eloquent in speech, and thus he spake:

“I am the spirit of Discord, without me war and cruelty could never be. Be mine the task to rule the world. I will spread all false reports and set every man against his neighbor, and darken the counsels of the nations, till anarchy, confusion and hatred shall arise and fill the whole earth, &c.

“Let the dominion of the earth be mine, O master, and thy realms shall be peopled with the souls of men!”

Then Mammon, “the meanest and least of all the spirits that fell from heaven;” arose and said:

“Listen to me, O Satan, for thou knowest my power upon the sons of men. Give me dominion over them, and hell shall never be empty. I will make men lunatics and fools.”

Thus spoke Mammon, and as he paused, Satan “grinned horribly a ghastly smile” upon his servant.

Then up rose Ariamnes, the Destroyer, and spake thus:

“O thou arch ruler of the damned, listen unto me! The volcano, the avalanche, the earthquake, the pestilence, and famine are mine. Be it mine to rule the earth.

“Be mine the task, O Satan, to rule the earth for thy glory and mine.”

Loud rang the plaudits as the fiend sat down, and the rest obsequious gave place, not doubting that Ariamnes should be appointed ruler of the earth. The tumult was hushed and all waited intent their great Master's decision; when, suddenly, from a beetling cliff, far out in the burning lake, arose a blue, lambent flame, which, while they gazed, took shape, a horrid shape, and stood before the assembled fiends.

It was clad in vesture wet with blood; the gore hung heavy from its matted locks, and the fiercest fires of hell shot from its burning eye-balls. Even Satan started and turned pale with fear, and hell shrank with horror and dread amaze.

“Ha! ha! ye fear me then!” hissed the horrid monster. “Ye know me not, powers of darkness, for I am an *earth-born* spirit, and have long hid myself; aye for a thousand years, but I am now come among you to yield allegiance, and claim the offered prize. Fear not, O Satan, but listen, and let me be ruler of the earth, and of the sons of men, for none hath power like me, in all thy dark dominions. Moloch, and Belial, and Mammon and Ariamnes, promise much, but they scarce know the alphabet of wickedness.



Let them be my servants, the minions of my will, and I will both teach them their powers and mine. Listen! my shapes and names are legion; I change them at will, walking ever in disguise, and to me all doors are open. Where discord and anarchy prevail, there will I be; where cruelty is, there will I come, and burn out from the hearts of men every vestige of mercy, till they become fiends incarnate, and devise unimaginable horrors. I will stand beneath the gallows-tree, and even while the death rattle is in the throat of the criminal, will drive men to robbery and murder. I will lie in wait in the streets of cities, and plan the midnight fire and assassination. I will plunge my victims into prisons and poor houses, steeping them in poverty and wretchedness to the very lips. I will cast forth their families to want, wintry winds, and the babe shall perish in its mother's arms, with its tears frozen to ice-drops upon her bosom, I will point the dagger of the husband against the heart of the wife, and her blood shall stain the cradle of his children. I will turn the son's knife against the father's throat, and his gray hair shall drip with gore! Where war and vengeance are there will I rouse their fury to tenfold rage, and blot from the soldier's heart the last vestige of humanity. The incendiary's torch shall be my banner, the crackling flames of burning villages, and the shrieks of murdered innocence, the music of my march. I will prepare the way for the pestilence, and open to his ravages the gates of a million dwellings, which, without my aid, he could never have entered. I will spread famine and disease even in lands of plenty and health, and will seal up the eyes of all my victims so they shall not see or know, and the next plunge is into perdition. I will coil myself in the seeds and fruits of the earth, in the grain, sheaf and hanging grape-cluster. Man will boast his skill to turn.

" . . . . . By arts chemical spell

" The sweet milk of the earth to an essence of hell

" To ferment the sweet fruit, and corrupt the fair grain,

" To engender a *spirit* that maddens the brain."

The fierce fire shall urge me nothing loath from my hiding place, and men shall think that they thus triumph over me; but from the bubbles of the mocking wine-cup I will laugh them to scorn. I will sweep whole continents of their inhabitants, and give "woes and sorrows and wounds without cause," to the whole race of men. Yet whoever is wounded by me shall seek me as hid treasures to be wounded again. Let Jehovah send forth from his bosom spirits pure as the snow-flake to dwell in earthly bodies; I will seek them out, and plant within their hearts an unquenchable fire, that shall consume them; and the cherubim shall

watch long for their return at heaven's gate, but they shall never again look upon their Father in Heaven. The student at his books, the mechanic at his toil, the laborer at his plough, will I destroy, and none shall stay me. I will coil myself in the brain of the sea captain, and seal up his eyes; and his vessel and all on board shall be engulfed, and the bones of the mariners whiten the bottom of the ocean. I will be the *omnipresent curse of humanity*. None so high or so low but he shall feel my bloody hand. I will take the sons of kings and the mighty men, and the chief captains and the great ones of the earth, and mangle them with dishonest wounds; strip them of wealth, fame, life itself, and fill their last hours with torture; and when every nerve shrieks out with agony, I will open to their startled gaze the horrors of the pit in which I plunge them for ever! Yet this is not all. I know that ye will laugh (if fiends can laugh) when I tell you that I will so manage, that mankind *shall all along think me their friend!* I will come unto them as an angel of light. The physician shall invoke my aid in sickness, and men shall never be so merry as in presence of their deadliest foe! I will be at the wedding feast, the source of joy, and at the funeral gathering the solace of their sorrow, I will fix my burning eye upon men, and fascinate them, and bind them in indissoluble fetters; yet shall they shout they are free, while they dance like maniacs to the music of their own chains! I will bind upon their brows the iron crown of suffering, burning with hell fire, that shall scorch and sear their inmost soul and heart and brain; and yet shall they fall down and worship me, and for my sake part with houses and lands, and gold and silver, and wife and children, and hope and heaven! He that would shun me shall find his betrayer in his own bosom, and when this suffices not to destroy him, he shall struggle alone against millions, and every custom and usage of the world, and every temptation that man can set before his fellow, shall help me to his ruin. Though it is my mission to torture and destroy the whole race of Adam, yet will I so mix with their business, their pleasures and their daily habits, so flatter and delude their stupid senses, that they shall pronounce me a *good creature, nay a creature of God!* yea, the kings and Governments of the earth shall declare my existence a *public blessing, and pass laws for my protection and that of my emissaries*, while we walk in the earth; decimating its inhabitants, and tumbling them into hell! Yet shall the nations glory in the wisdom of their rulers, and turn a deaf ear to the wail of anguish that fills the earth, and exulting in the inspiration of the pit, turn to mockery all who shall oppose me. Oftentimes, too, will I wrap myself in the spotless robe of religion, and my chosen strong-hold shall be in the temple of the Most High;

and men shall deem it sacrilege to molest me in my work of murder. Let me then, O Satan, be ruler of the earth, for who else can thus fill a world with desolation and ruin? Make me thy vicegerent upon the earth, and blood and tears shall flow as water, millions of graves shall mark where I have trodden in my triumphal march, and

Hell's every wave break on a living shore,  
Heaped with the damned like pebbles."

He ceased: one unearthly yell of applause arose, amid the stamping of countless feet, and the clashing of adamantine shields. The arch-enemy stepped from his throne, and led the horrid spectre to a seat at his right hand, and spake thus:

"Terrible Being! If thou canst indeed do these things, thou art henceforth my vicegerent upon the earth. Go forth! and hell shall be crowded with the souls of men, thick as autumn leaves, or sands upon the sea-shore. But first tell us by what name to call thee?" And the fiend answered: "ALCOHOL."

So saying, he spread his broad, bat-like wings, and hell grew lighter as he vanished. How has he fulfilled his mission!

For a thousand years hath his fiery breath  
Smote the wide earth with crime and death;  
And furnished men, as daintiest food,  
To the red flesh-worms' slimy brood.

Even while thou readest he is near thee; ready to destroy thee and thy children, body and soul.

Temperance reformers, Christian philanthropists, and Christian ministers, have tried their universal *panacea*, "moral suasion," on the drunkard with only here and there an encouraging success, as evidenced in happy homes and cheerful faces. It is a powerful agent in the pulpit or to create a healthy public sentiment, but a very poor medicine to cure diseased systems with, or stem an epidemic of small-pox, unless accompanied with wise preventive measures.

Stop a *disease*-producing stream at its fountain and there will be no need of a *remedy*, for the unsuspecting and igno-



rant who annually fall victims to its poisonous effects. Until this is done by Prohibitory Liquor Laws, we must follow in the wake of progressive medicine, and make the best use possible of the new drugs which are constantly being brought to light, possessed of virtue antidotal to and curative of the disease-producing influence of alcohol and opium.

From the days of Galen and Hippocrates until the present the medical profession has been importuned in vain to furnish some agent that would stem this remorseless tide or restore its victims to their natural condition of primitive health and vigor.

In the progress of medicine, however (which is ever onward and upward), and as one of the few blessings which sometimes result as the outcome of wars conducted by civilized powers against their less-favored brethren, the natives of regions hitherto little known to us, and the medical botany of which was a sealed book, we now have medicinal agents possessed of restorative powers, practically unlimited, when judiciously used, under favoring conditions and surroundings. Light *has* dawned upon us, and hope *has* come to the vast host who to-day dwell under the dark shadow of this withering curse.

From the wilds of the mountains of Peru we have brought to us those wonderful restoratives and best of all "pick me ups," the Loxa bark and the Peruvian leaf, and from the laboratory of pharmaceutical science we have produced that invaluable alterative, "the double chloride of gold." The former, judiciously administered, tone up the dilapidated nervous system the latter changing the diseased condition of the glandular organs to a healthy state, and effectually eradicating the *drink crave* or abnormal appetite for strong drink.

From observation we have the knowledge that meat-eating nations are proverbially great drinkers of alcoholic beverages, to wit, the beef and beer of England, the wine-bibbing gourmand of France, the puffy lager drinker of Germany, the whiskey and herrings of North Britain and Ireland, the rum and salt rations of seafaring life, the game-eating and *fire water* of the Indian.

Hence, in treating intemperance, abstinence for a time from flesh meat is enjoined, with resort to fruit, vegetables, meal and milk. Since the system is filled with waste material and much retained carbon and essential oil and spirit from the beverages used, oftentimes even combustible gases, we recommend baths, especially the Turkish. As the use of sour milk, butter milk especially has been found of great service to old drunkards in preventing a return of the thirst for drink. We recommend its use as an article of diet.

As the moral and mental condition is weakened we provide the patient, if possible, with cheerful and wholesome surroundings. All these measures we adopt while we diligently ply the oars in the form of the *Elixir of gold*, and other remedies, which it is indispensably necessary should be persisted in according to the peculiar circumstance of each case.

The principle on which these remedies act is by eliminating from the system those elements which have an affinity for the poison, alcohol; and, like the *horse leach*, is constantly crying out, *give! give!! give!!!* When by frequent doses the system has accumulated enough medicine to be antipathic to the poison of alcohol, the cure is made; on the same principle as quinine acts as an antidote

to the poison of fever and ague, or vaccination prevents small-pox.

It being demonstrable that drunkenness has a physical basis in a diseased condition of the nervous and glandular systems it follows that its treatment belongs primarily to the domain of the physician, and secondarily only to the Christian minister or philanthropist, whose wise counsels, encouragement and help will do much to obliterate the traces of the past and cover up the evidence which recall with crushing power the mistakes which have led to the misfortune of a lifetime.

Medical treatment hitherto has been limited to the treatment of the secondary effects of alcoholism. The treatment of delirium tremens is one thing, and the treatment of the cause of tremens is another, and a very different, thing. Poisoning by alcohol is one of the effects of drunkenness which may be hereditary. The successful treatment of this disease must not stop short of the cure of the hereditary taint or appetite for strong drink; it is the employment of such remedies only that will cure drunkenness.

This method of treatment is rational, because therapeutically antipathic to the diseased action going on. The action of the chloride of gold, for example, is primarily upon the higher cerebral nerve-centres, the very seat of a diseased will and of the mania for strong drink. It acts directly upon those portions of the nervous system which when diseased, cause lunacy, epilepsy, dementia, and the drinking habit.

In that form of insanity known as melancholia, this remedy has long been used. Bartholow, Nord and Trousseau speak highly of its effects in insanity. In *neurasthenia*, or



nerve exhaustion from excess of any kind—the prevailing disease of the day—these remedies are daily prescribed. Chloride of gold is beneficial in these affections, and has been used in syphilis, scrofula, tumors of brain as well as in epilepsy and chorea; while Dr. Crothers, reporting on the hereditary transmission of disease, proves that syphilis, scrofula, and diseases of the brain may originate the *mania* for drink. Here such an alterative fulfils a double mission, removing the blood taint while curing the induced disease of drunkenness. It is obvious, however, that, no matter how rational any system of treatment may be as a cure of drunkenness, a *posterior* proof from actual trial is necessary.

The number of physicians of the more intellectual and advanced who now believe in the possibility of successfully curing alcoholism is rapidly on the increase, although to effectually grapple with such cases in all their varied forms it would be needful that government should regard them as irresponsible dangerous persons and pass an Act making it possible to forcibly control them, while undergoing special treatment in an institution or asylum, conducted in the same principle as our lunatic asylums.

## ALCOHOLISM.

Alcohol, contained in all alcoholic beverages, is an agent which directly affects the nervous system, and particularly the brain. When this poison finds its way into the blood, it acts in a very decided and injurious manner upon nerve-tissues. It lessens their sensitiveness and dulls their action. The individual thus intoxicated or poisoned is less capable of directing his actions and doing what he ought to do, or even what he wishes to do. If the quantity taken be small, there may be only a blunting of the fine edge of consciousness and right feeling. Of course, the effect produced is proportioned to the amount taken. But when larger quantities are taken, there follows a very marked decrease of physical sensibility, accompanied with mental stupidity and decided loss of the power of moral self-government. When taken in large quantities it may destroy life immediately, like any other active poison; in smaller quantities, frequently repeated, its effects are very prejudicial, producing that condition of the system termed *alcoholism*. Being a *cumulative poison* it has a tendency to accumulate in certain structures—the nervous centres and the glandular organs (especially the liver)—in spite of its rapid elimination by all the excretory organs and the skin (especially by the lungs) or its partial destruction within the economy. The consequences of alcoholism are usually treated by authors under two divisions, viz., dipsomania and delirium

tremens—the former term is used to express that morbid craving for intoxicating liquors, “drink crave,” which in many cases partakes almost of the character of insanity. Drunkenness is a degrading vice, which, like many other vices, becomes more and more difficult to discontinue the more it is indulged in, and is a fruitful cause of crime, poverty and insanity. The drunkard is a nuisance to himself and all who are brought into contact with him. He is artful and untruthful; he breaks every promise he makes, and is perfectly regardless of the interests, the feelings, or the happiness of others. It is to be regretted that, for the welfare of society, there is not some legal means of controlling him until he can be cured of his folly. Experience has demonstrated that there is no difficulty in curing the most inveterate sot, provided we can only obtain control of him to a sufficient degree to ensure his abstinence from the use of alcohol, and the faithful use of remedies. The drinking habits of our times, resulting in so much poverty and wretchedness, is principally due to the *high-pressure* system of living of modern times, which induces, among business men, professional students and fashionable, dissipating women, a condition of enervation or enfeeblement of the nervous system from which, for want of *rest*, many do not easily recover.

The *panacea* of the misguided followers of Todd in the medical profession is sure to be brought into requisition: alcoholic stimulants (depressants would be more correct) are prescribed, and *drunkards*, like *opium eaters*, are manufactured wholesale by the advice of those to whom they apply for relief from a nervous disorder or neurasthenic condition, which requires only the use of rest, fresh air, food and tonic.



It has been called Death's Prime Minister.—Death, the king of terrors, was determined to choose a prime minister, and his pale courtiers, the ghastly train of diseases, were summoned to attend, when each preferred his claim to the honor of this illustrious office. Fever urged the numbers he had destroyed; cold Palsy set forth his pretensions by shaking all his limbs; Gout hobbled up, and alleged his great power in racking every joint; and Asthma's inability to speak was a strong, though silent, argument, in favor of his claim; Stone and Colic pleaded their violence; Plague his rapid progress in destruction; and Consumption, though slow, insisted that he was sure. In the midst of this contention, the court was disturbed with the noise of music, dancing, feasting and revelry: when immediately entered a female with a bold, lascivious air, and flushed jovial countenance. She was attended, on one hand by a troop of bacchanals; and on the other, by a train of wanton youths and damsels, who danced, half-naked, to the softest musical instruments; her name was *Intemperance*. She waved her hand, and thus addressed the crowd of diseases: "Give way, ye sickly band of pretenders, nor dare to vie with my superior merits in the service of this monarch; am I not your parent, the author of your being? Do ye not derive the power of shortening human life almost wholly from me? Who then so fit as myself for this important office?" The grisly monarch grinned a smile of approbation, placed her at his right hand, and she immediately became his principal favorite and Prime Minister.

—Addison.

NERVE EXHAUSTION OR NEURASTHENIA is a debilitated condition of the nervous system, which leads to hysteria, insanity or dipsomania, and is manifested in many forms of functional derangement. *Modern pathologists* look for a morbid lesion of structure after death to account for all derangements of health, but this disorder leaves no morbid lesion behind it, beyond inanition, but leads to permanently diseased conditions. The prominent symptoms are: depression, lassitude, nervousness prostration. The great changes in the conditions of life among people of modern times has necessitated great changes in their methods of work, and now we have vast numbers of people working with the head rather than

with the hands. The *high-pressure* system of carrying on business, added to the increased strain upon the mental powers and nervous system, has produced a marked change in the general character of the disorders of health among the manufacturing and trading people of the present, and nervous disorders are acquired and transmitted from parent to child, giving us a rising generation of high-strung, delicately-sensitive nervous organizations, which, in turn, will yield an abundant crop of nervous disorders. Nerve exhaustion is now so prevalent, and is so rapidly increasing, that the attention of the profession is especially directed to it.

The *brain worker* plods busily through the mazes of difficult problems during the day, only to continue his restless cogitations after he has retired to his couch; weary hours are passed in fitful and enervating sleep, and he rises in the morning, feeling languid, tired and unrefreshed; and so he begins each new day as it were "handicapped" in the race of business, and, finally, exhausted nature breaks down, and suicide or dissipation follows as a sequel. Fashionable women whirl the busy round of fashionable etiquette in an ever-restless, unceasing activity, until nervous disorder is induced. The mechanic, on the contrary, goes quietly to his work, retires to rest at a regular hour, and *takes his rest*, and morning finds him with clear head, clear eye, hearty appetite, and vigorous strength for the day's duties. While the merchant or brain-worker, who is straining every nerve in the race for wealth with its dazzling millions, morning finds dull and listless, with no appetite for food and no disposition for work, but business is pressing necessity is an inexorable task-master, and the already debilitated struggler nerves himself to the task, throws himself

into the busy whirl of work, vainly endeavoring to keep pace with the busy, rushing mass of human tide around him. Months, sometimes years, elapse before the final collapse : he becomes irritable, nervously excitable, fretful, melancholic, and finally surprises his friends by committing suicide (à la a late musical genius, of this city) or becomes a raving maniac, a helpless paralytic, or, it may be, sinks into an early and untimely grave. All our cities and large working centres are filled with mentally over-worked men and women, suffering from *neurasthenia* or *nerve exhaustion* in all its different forms and phases. Those especially prone to it are merchants, bankers, editors, lawyers, physicians, preachers, and, among women, those under the necessity of working hard for their own maintenance in shops, and as sewing women, and the ladies of fashionable circles on whose delicately-strung nervous systems the round of visits, parties, receptions, &c., &c., tells with woeful effect.

Every year tens of thousands break down and fall out of the ranks unable to keep pace with the rushing tide of humanity. Every summer tens of thousands seek the sea coasts, the mountains, or the rural solitudes, for rest and health, only to renew the same old suicidal manner of life again. History gives numberless cases of over-worked men breaking down under over-work, and, in prime of life, yielding to increased burdens, to sink into premature graves."

These, and many other, considerations have induced me to give special thought and attention to *nervous* and *brain disorders*, as a subject for study and observation; and the intimate connecting link between over-work or over mental strain and habits of dissipation makes it incumbent upon me to do so the more effectually to understand and treat the

disease called *inebriety*, which includes all persons making intemperate use of alcohol, opium or chloral hydrate, the diseased condition in each case being the same. Happily the progress of discovery in *materia medica* has placed within our reach medicines with which we can successfully cope with these troublesome disorders.

"*Inebriety*.—A very common, and an increasingly common sequence of neurasthenia is inebriety. Indeed, the main cause of the increase and frequency of the disease, inebriety, in this country, and in all highly civilized countries, is the increasing nervousness of the age. When a man becomes prostrated by exposure to heat—what is called heat-prostration—he oftentimes is left in a neurasthenic state. A few moments' exposure of this kind may be the source of neurasthenic invalidism, lasting it may be, for months or years. While in this state, an irresistible desire for drinking alcoholic liquors may take possession, and very suddenly, indeed, of one who never before had the least inclination for drink, and without any apparent cause, he may become an inebriate; an attack of inebriety may come on as suddenly as an attack of neuralgia, or insomnia, or hay-fever, and, like these, may often be a direct sequence of neurasthenia excited by exposure to heat. Neurasthenia excited by any other cause may have, and does have, just this effect; though not, usually, with such suddenness or violence. The neurasthenic state developed, as it is so often, by the shock of bereavement, of domestic disappointments and griefs, anxiety on account of financial troubles and worries, may open the door to inebriety; and, so to speak, push the patient in, and sometimes shut him up beyond remedy. Phenomena of this kind occur in



those who have never been accustomed to drinking—sometimes in those who have been total abstainers all their lives—or who, at least, have never been excessive drinkers. Quite a large number of wealthy citizens of this country, merchants, manufacturers, speculators, and, in a few instances, professional men, who have acquired their means by constant friction, and great and excessive drafts on the nervous system, have sons who were born in the midst of this pressure and toil, who inherit the nervous diathesis and a *neurosis*, or tendency to disease of the nervous system, which breaks out in the form of inebriety.

*Meconism (Opio-Mania).*—This form of excess in the use of narcotics is sometimes a sequel of neurasthenia. One of the effects of opium is to relieve, for the time, the depression—the hopelessness, worse than pain—from which neurasthenics suffer. It is, therefore, a temptation to use this drug, beginning of course, with small doses, and increasing until the servant becomes the master—the patient a slave. In some cases there is an alternation of opio-mania with inebriety; they must take in excess one of those two poisons, alcohol or opium. In one case in which I was consulted, the patient stated, positively, that it was impossible for him to get along without being an opium eater or an inebriate; that it made little difference which he took, whiskey or opium, either one or the other was sufficient for him. Not all cases of inebriety or opium-eating have a neurasthenic origin, but a large number are of this kind. We can make a differential diagnosis of neurasthenic inebriety by the symptoms that accompany it. Inebriates of this kind, always, or almost always, have other evidences of exhaustion, such as insomnia, headache, nervousness, irritability,

neuralgia, and the like; and inebriety in these cases is just as truly a symptom of the exhausted state as the other symptoms accompanying it, and ought to be so regarded.

Inebriety and opium mania of this kind are to be treated like the other symptoms of neurasthenia, that is, by strong sedatives, alternating with tonics; and there are many of these cases, at least a considerable number, that can be treated outside of an asylum—at home—and while pursuing their regular business. I believe in inebriate asylums and have been for years their earnest advocate and defender, just as I believe in and advocate insane asylums, and there is no antagonism between them. There are, however, a large number of inebriates that can be successfully treated outside of an asylum, just as there are some cases of melancholia and other phases of insanity of a mild type that can be treated successfully by a physician without sending them to any institution whatever, and, indeed, more successfully than in any institution, provided they have sensible friends and proper surroundings. The evil of opium-taking in nervous exhaustion is a growing one; constantly I am called upon to treat patients who have added the morphine habit to their weaknesses and pains.

One way in which neurasthenia induces inebriety is, that it causes, sometimes, a great and incredible tolerance of alcohol; in those cases they can bear immense doses without feeling any effects, good or bad—certainly no bad effects. Some of these cases are very interesting indeed; one of my medical patients afflicted at one time with cerebraasthenia (from which he has now recovered), at one stage of the disease, when he was at the very worst, could take a full tumbler of whiskey and not feel any bad effects, although he

was not used to drinking when he was well. One of my hay-fever patients in whom, as is sometimes the case, the attack were preceded by a number of days of profound exhaustion, though he was not accustomed to drink at all, tells me that in one of those attacks of exhaustion, alcoholic liquor, in any amount, has no effect whatever."—*Beard*.

#### HEREDITY.

The writings of Dr. Crothers and others, being clinical reports of cases, are all proofs of the heredity of alcoholism. Besides the proof of the direct transmissions of alcoholism, these clinical reports show that drunkenness is a disease force that is readily correlated with other diseases, as epilepsy, lunacy and idiocy. The children of an epileptic may be epileptics or drunkards. The children of a drunkard may be lunatics, epileptics, idiots or have other manifestations of nervous diseases.

If clinical cases prove these facts, we are justified by induction to generalize from them, and to apply these generalizations to all the facts relating to alcoholism in their widest sense. It will be seen that further generalization proves these laws to be true. Christendom has been drinking alcohol for nearly nineteen centuries. Alcoholism is a disease of Christendom. These laws proven by observation of individuals are verified by observation of the people of Christendom at large. The greater number of these people who drink at all begin to drink at the age of 18 years; the greater number cease at the age of 35 years. The greater number of those who continue to drink after the age of 35 years never recover from the disease or, as is generally said, they never reform, and are beyond the reach of Christian and other influences.

It may correctly be inferred from this verification of statistics that drunkenness or alcoholism, like many other diseases, is self-limited. The average duration of the disease—this heirloom of Noah—is about seventeen years. That there is every possible variation from these averages, in intensity of the disease, age, and other points in individuals is apparent to any observer.

Y.

On the heredity of alcohol Norman Kerr, M.D., F.L.S., London, says: "The most saddening, and perhaps the most serious, of the numerous evils inflicted by alcohol on human kind is the hereditary transmission both of the drink-crave itself and of the pathological changes caused by indulgence in alcohol.

Physical disease from intemperance is often transmitted; for example, alcoholic phthisis, alcoholic gout, alcoholic rheumatism, alcoholic cirrhosis, and alcoholic contracted kidney. The blood of the inebriate is so vitiated and his energies so wasted that even with a sober mother a drunken father will beget a puny, debilitated, and stunted progeny. Thus it is that English infantile mortality is so terrific. The same may be said with regard to the infant mortality of other countries.

Alcoholic nervous and mental diseases are also handed down; for example, alcoholic epilepsy. The medical history of several families are narrated by Dr. Kerr, showing that the daughters of intemperate parents are apt to be hysterical and nervous, and the sons feeble, eccentric, and liable easily to fall into insanity. Idiocy is a common legacy from inebriates to their helpless children. This no one can gainsay. It has been observed that while the children of sober parents had been healthy and vigorous the children born to them after these same parents had lapsed from sobriety into confirmed insobriety were physically and mentally defective.

Dr. Kerr notes a very curious fact, that after three or four generations of hereditary indulgence, the children of the latest victims, apart from any external temperance influences, sometimes exhibit an uncontrollable repugnance to all alcoholic drinks and thus are saved. The inherited drink-crave is always latent, and ever ready to be lit up into a blaze by the smallest sip of the weakest form of fermented or distilled liquor. In absolute unconditional abstinence lies the hereditary drinker's only safety. All the terrible evils consequent on inherited dipsomania may spring from parental indulgence never amounting to what is generally held to be intoxication."

#### PATHOLOGY.

The pathology of the drunken habit as it is inherited cannot be demonstrated by post-mortem examinations or other means any more definitely than inherited lunacy, idiocy, epilepsy or paralysis. The pathological condition as transmitted in all these cases is alike unknown until the disease is developed. The nature or essence lies in a tendency of the molecules to act in a certain manner when they are properly stimulated by relations of the environment. The lunatic becomes unable, by force of irregular action of the higher cerebral centres, to reason correctly upon the relations between himself and his environment. In the epileptic the motor discharges are given off so abruptly, and with such explosions, when acted upon by the



peripheral nerves, that a convulsion occurs. In the person who inherits alcoholism the opportunity to drink at once develops him into a drunkard. The pathology as transmitted lies in the molecules of the higher centres which determine the character of brain action, and which is the field where pathological action arises in most nervous diseases that effect the character of the man and give him his mental status. We can determine the effects of light in the arts and sciences and in the development of growth of animals and vegetable life, but we cannot tell all about the constitution and motion of the molecules of ether which are, objectively, what we recognize as light.

The pathology of *developed* alcoholism is determined by post-mortem examinations, and is as well known as that of any other disease. The grey matter of the brain is congested, as well as the membranes. Generally there is found in the ventricles of the brain and in the arachnoidal cavity an effusion of serum. In more advanced cases there is a chronic inflammation of the brain and membranes, with a thickening of the structure of the latter, blood engorgement of the vessels, and various morbid products, as pus, sero-pus and serum.

It is well known that many other brain diseases may develop the latent hereditary taint of alcoholism which lies in the brain of every son of a drinking nation. The clinical reports of physicians who have made a special study of alcoholism, notably those of Dr. Crothers, show that tumor of the brain, syphilis, or scrofula, affecting the brain, and neurasthenia may develop a mania for drunkenness. Other diseases, as epilepsy, lunacy, &c., may develop drunkenness in the person himself by transformation into this sort of mania, as well as by transmission by hereditary descent.

Excessive emotion may render a person epileptic, may make him a chattering idiot, or send him to a madhouse, and may even take away his life as with a blow from a giant. What wonder, then, that the terrible emotional forces, aroused by a "sea of trouble," spending their strength like a cyclone upon the very unstable brain tissue, should make him a drunkard? (Keeley.)

Alcoholic liquors act upon different parts of the human system, that is, of the brain or spinal cord and the glandular organs. That this is true is proven by the results in confirmed inebriates, special functions being specially interfered with. Thus, on the glandular system, gin acts on the

kidneys ; brandy on the liver ; whiskey, especially *hot* whiskey, on the skin, whereas champagne acts especially on the brain ; wines on the kidneys, arresting their function and promoting the gouty and rheumatic diathesis ; and for this reason we find different physical results in different cases of inebriety. In support of those statements I will quote Dr. Shorthouse, who, writing to the *British Medical Journal*, says : " If a man partake of too large a quantity of good sound wine, or malt liquor, he usually staggers about from side to side, his gait is very unsteady, and, if he come to grief and to Mother Earth he generally falls on one side or the other. If he take too much whiskey, especially that abomination which goes by the name of Irish or common whiskey, he is almost certain to be seized with an irresistible impulse to fall forward on his face. If he get drunk on cider or perry, the latter more especially, he is certain to fall down suddenly on his back, and apparently without any previous warning. He once saw a number of men—who had made too merry at a harvest feast—all fall down on their backs, get up again, and fall down again in the same manner. He had never witnessed anything of the like kind before ; and was not a little amazed, as well as amused. The farmer, who was a very shrewd Herefordshire man, told him that that was the effect invariably produced by perry, of which his men had that day partaken liberally. He has since that time seen several isolated cases, which have corroborated the farmer's version of the action of an overdose of perry or cider. Habitual drinkers of cider or perry are more liable than other persons to paralysis of the limbs ; probably this may be due to the sugar of lead with which some cider makers " perfect " their beverage. It would appear, then, according to this very

curious observation, that the various drinks act on different parts of the cerebro-spinal system which preside over locomotion, or act upon the various parts in a different manner, or why these varieties in the method of falling?

## TREATMENT.

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This should consist in : 1st. Isolation of the patient where possible. 2nd. Dietary restrictions. 3rd. Baths. 4th. Massage. 5th. The judicious application of Electricity or Faradism. 6th. Tonic and alterative remedies, as found in special medicines.

*Isolation.*—This is necessary in most cases in order to deprive the patient from the possibility of obtaining drink until sufficient time has elapsed to enable such a change to have been produced in the system as that there will remain no more propensity to drink. The welfare of society demands that Parliament should establish reformatories or sanitariums for the detention and cure of drunkards, as it now provides hospitals and asylums for the sick and insane. Justice to society demands that a portion of the revenue Government annually receives from the traffic in strong drink, and the vending of licenses for the wholesale manufacture of drunkards, should be spent in their care and cure. Numbers of persons addicted to drinking, and unable to restrain themselves, voluntarily place themselves in prisons and asylums or under other restraint, and gladly submit to any treatment or surveillance, stating that without restraint all else would be useless, as they could not trust themselves. A model sanitarium or institution for the cure of drunkenness should be situated upon an Island



in the St. Lawrence where access to the main shore would be difficult, and where even then liquor could only be obtained by a walk of ten or more miles. In such a situation, with suitable arrangements for comfortable residence, ample opportunities for fishing, fowling, scene-hunting, botanizing, geologizing, &c., &c., the worst forms of ungovernable drink-craving might live in a state of happiness, sobriety and comparative freedom from restraint until the medicinal and restorative treatment had restored the patient to health and destroyed the craving for strong drink. In such an institution there should be ample provision for baths of every variety, to suit each case as it presented itself, instruments for the application of electricity, and provision for abundance of sunshine and recreation.

Numberless cases of inebriety are directly due as a sequence to nervous exhaustion, or that condition of the system in which, without any appreciable lesion of tissue, there is a deficiency of *nerve force*.

Over-exertion in business, anxiety of mind long continued, dissipation, high pressure in the mode of living, the vices of civilization and the neglect of hygienic laws, play a most important part of the nervous disorders of individuals and their offspring by the reduced vigor of the nervous system induced.

Diseases depending on an exhausted, as distinguished from a degenerated, state of the great nervous centres may be divided into two classes, viz.: the induced and the hereditary. The induced include all those cases of severe functional derangement which have their origin in some error of the individual; the hereditary, those in which the offspring suffer for the faults of the immediate or remote

progenitors (Campbell). Inebriety belongs to both these classes, that is, it may be either hereditary or induced, which must be taken into account in the treatment.

All who suffer from *nervous exhaustion* are not reprehensible, as they may be in no way responsible for the condition, but being in that condition the temptation to use stimulants is very greatly increased, and the habit of quiet tipping easily induced.

In his work on nervous exhaustion, Campbell says:

"Impoverishment of brain and nerve-tissue may be produced by many causes not vicious in themselves. Of these may be noted severe mental strain, from the anxieties of a public career or of an extensive business, or the cares, risks, and burdens of a large and expensive family. The individual who spends his time in anxious watchings of the rapid fluctuations in the values of the commodities on which his chances of profit or loss depend; the responsible manager of extensive commercial, engineering, financial, and other operations involving much mental labor as well as risk; the successful and overworked professional or literary man—the politician, the student, the artist, the poet, the mathematician—all are liable to that slow process of wear and tear of brain substance, which, while it is less perceptible in its immediate effects than sudden shock, is far more serious in its ultimate results. In the female also there are many special causes, depending on sex, which induce nervous disease. Of these, too frequent child-bearing and excessive nursing are not the least frequent or important.

Of a more reprehensible origin than those just enumerated are the cases of profound and distressing nervous exhaustion induced in the individual by the vices of civilization. The

inordinate use of stimulants, opium, or tobacco; the abuse of the sexual powers, especially by unnatural excitation; and the habits of general and reckless dissipation, which debase the mind and prostrate the physical powers, while they frequently inoculate the blood with the poisons of syphilis, mercury, &c., are amongst the principal factors of this class. The dulness and coarseness of the original tissues of some individuals may save them for a time from the effects of these vices, but only for a time, as sooner or later they must bow to the inevitable law, the principles of which they have so systematically sinned against."

The brain and nervous system have a somewhat close resemblance to a galvanic battery in constant action, whose duty it is to provide a certain and continuous supply of its special fluid for consumption within a given time. As long as supply and demand are fairly balanced, the functions which owe their regular and correct working to the *nervous fluid* are carried on with precision, but when, by fitful and excessive demands carried far beyond the means of supply, the balance is not only lost, but the machine itself overstrained and injured, disorder first and disease afterwards are the inevitable results.

In addition to the brain and spinal nerves, the great sympathetic system is materially influenced and injured by our demand; and as inebriety, gluttony, venereal excess, moral delinquencies or depravity, and all other vices of a physical origin, operate primarily on organs supplied with this system of nerves, and as this system follows the same law as the others, by which the more it is unnaturally excited the more its powers decay, it is not difficult to understand, bearing in mind the intimate relations existing between it

and the cerebro-spinal nerves (Proctor), how indulgence in these vices will induce severe exhaustion in both these system of nerves, the one primarily, the other secondarily. Whether the nervous constitution be hereditary or induced, one thing is certain to the individual, anything that interferes with the natural direction of the current from any of the great nerve centres produces severe functional derangement (Ranka). As *neurasthenia* or *nerve exhaustion* is essentially the result of impoverishment of brain or nerve tissue, it must, when not taken on any distinct set of local symptoms, be treated on the broad principle of improvement of general nutrition. The precise seat of the exhaustion, whether in the brain, spinal cord or sympathetic system, is important to be understood for the wise application of remedies, as each of the great nervous centres is especially affected by particular medicines or remedial agents.

Without entering here too minutely into particulars of treatment, as that is impossible, I may indicate the principal remedial agents and their mode of application.

1st. *Rest.*

Among the tired and weary millions who inhabit this earth the cry for rest has always been louder than the cry for food, because it is more difficult to obtain. Rest is not always idleness, for the best rest is change of occupation. We have a great number of organs in the body, and if we change our occupation so as to employ each in its turn, and no one organ too long, then it does not grow weary and become exhausted or sink into a condition of disease.

Sleep is nature's great restorative, and the best rest to an exhausted system is procured from sleep. Without regular and healthy sleep no human body can long continue to perform its functions in a healthy and efficient manner.



A wide range of nervous maladies may be cured by sleep. It is a sovereign balm for sorrow, wounded spirits, insanity, peevishness, restlessness, irritability of temper, bodily weariness, nervous dyspepsia, headache, neuralgia, hysteria, and will do much to relieve the languor and prostration in wasting disease.

- For the overworked, haggard, weary from long-continued watchfulness or prostrated from excesses, the nervous from excessive anxiety or brain work there is no remedy like sleep.

To secure plenty of good refreshing sleep we recommend sleeping in a well-ventilated room, on a good clean, rather hard, bed, with an empty stomach, nothing should be eaten for three hours before retiring to rest; cold sponging over the whole body, but especially the head and spine, just before bed, a peaceful mind and quiet conscience, then, with the avoidance of everything that would tend to produce disquietude, agitation, annoyance or aggravation will promote sleep and procure rest.

The habit of sleeping well should be cultivated, otherwise life will be short, and sadly imperfect.

A sleepless condition is sometimes induced by grave responsibilities or by the administration of narcotics that is difficult to overcome without change of residence. When this is possible a change from an inland city to a seaside, with sea-bathing, fishing, &c., as recreation, or from a maritime city to the mountains of the interior, will effect the desired change of condition.

Never attempt to procure sleep by administering chloral hydrate, opium, or other drugs.

A cold towel wrapped around the head *a la Turban* will have the desired effect in most cases.

Pleasant occupation, and sufficient work to preserve the mind from the *ennui* of idleness, should always be provided.

2nd. *Diet.*

*Nations* living largely on meat diet are proverbially given to the consumption of large quantities of alcoholic beverages, while nations living on a diet composed largely of starch, such as the rice-feeding populations of the tropical east, and the fruit-eating populations of the south of Europe and America, are less given to drunkenness than meat-eating populations. Drunkenness prevails among the meat-eating people of the North of France, England, Scotland and Ireland, Germany, Russia, Sweden, Canada and the Northern States and especially among the native Indians of the North and West, who live largely on game.

One class of fermented food appears to create a desire for another, a taste for spicy condiments as pepper, pickles, mustard, sauces, &c. Butcher's meat, and alcoholic liquors are usually associated, and, per contra, a taste for plain-flavored vegetables, fats and oils are also associated.

Persons in the habit of taking alcoholic liquors daily when eating butchers meat find they must give them up entirely when living on an exclusively farinaceous diet without meat, the liquor proving too irritating to be endured without inconvenience, inducing sleeplessness, burning in the hands, with headache and nausea, in some cases not being borne by the stomach without vomiting, and that in persons who a few days previously, with a meat diet, could take several glasses of wine daily with comfort.

Coarse meats and salted food tend to promote intemperance, while regular hearty meals of fresh, wholesome glutinous food discourage it.

Vegetarians are seldom drunkards or smokers. I have never known one—and I have known hundreds—to be addicted to the use of alcohol, opium, or tobacco, or to be the subject of moral depravity of any kind. They have purer minds and bodies than flesh-eaters, who seem to be rendered coarse, vulgar and ferocious in proportion to the extent to which animal food enters into the composition of their diet, with a corresponding tendency to selfishness, cruelty, and moral depravity.

Englishmen are great beef-eaters, and they have conquered the world. History has always borne its testimony to the superior fighting qualities of Northern nations over their Southern neighbors, presumably owing to their flesh-eating habits, therefore this proposition may be laid down, all other things being equal at the outset of a campaign, the nation farthest north, and the greatest meat-eaters, will come off conquerors in the end.

There can be no doubt that total abstinence from *meat* is a most valuable aid in the cure of the habit of drunkenness.

Sir Charles Napier, an English scientist, says that dipsomania is relatively under control when a farinaceous diet is employed: among the articles that he specifies as antagonistic to alcohol are macaroni, haricot beans, dried peas, and lentils, well-boiled and seasoned with butter and olive oil. He claims that the carbon thus ingested renders unnecessary and repels the carbon in the alcoholic beverage. He also states that twenty-seven confirmed drunkards, and some brought to extreme prostration by their habit, have been fully cured by the adoption of a farinaceous regimen, and adds that no diet will resist alcoholic drinking so effectually as one of macaroni and farinaceous food.

The list of articles which are given under the vegetarian system of diet, for the cure of drunkards, as most valuable and pre-eminent in their antagonism to *alcohol* are: 1st. macaroni boiled and flavored with butter, of which half a pound daily should be taken. "I believe no person can be a drunkard who eats half a pound daily of macaroni thus prepared." (Napier.)

2nd. Haricot beans, dried peas or lentils—soak twenty-four hours, boil well with onions, celery, herbs, or other vegetables and plenty of butter or olive oil.

3. Rice is useful, but less important than macaroni, peas or beans.

4. The various garden vegetables are helpful, as lettuce and salad oil.

5. Highly glutinous or sweet bread is of great use. It should not be sour, for sour bread has a tendency to encourage drinking.

6. Ripe fruits are valuable in the following order—Oranges, lemons, apples, grapes, peaches, plums. Of small fruits, strawberries are not good in many cases as they contain an irritating principle which in many produce disordered stomach, heartburn and hives, but currants, raspberries, &c., &c., are unobjectionable.

Fowler on vegetarianism, a radical cure of intemperance, says:—"If we enquire the cause of a vegetarian being disinclined to alcoholic liquors, we find that the carbonaceous starch contained in the macaroni, beans or oleaginous element appear to render unnecessary, and consequently repulsive, carbon in an alcoholic form." Liebig says:—"Alcohol and fat oil mutually impede the secretion of each other through the skin and lungs; the use of cod liver oil has a



tendency to promote the disinclination for the use of wine." According to Liebig, Napier, Fowler, Schliekeysen and others, most people find that they can take wine with animal food but not with farinaceous or amylaceous food. *Milk* is a most valuable article of diet for inebriates; it is a perfect food, possessing nitrogenous, saline and carbonaceous elements, and hence supports life of itself.

*Buttermilk* or *sour milk* is most valuable for the lactic acid which it contains, and which if drank copiously acts beneficially in carrying out of the system the excess of waste material that the use of alcohol has caused to be retained in the system to its detriment, inducing such disorders as gout, rheumatism, disease of kidneys, skin, liver, lungs, heart, &c., &c.

It is the principal article of diet for the inebriates in some asylums on the continent.

*Oatmeal* and *Graham meal* are very valuable articles of diet.

Alcohol is not a food, as it contains only *one* of the properties of a perfect food, viz., the carbonaceous element, furnishing nothing to feed nerve, bone or muscle, or to repair their waste.

"If we look around among the intemperate, we shall find the rule hold good that those who drink the most liquor, eat the least carbonaceous food, such as potatoes, white bread, fruit, puddings, &c., and the most meat." (Fowler.)

Some drunkards eat little except meat, and as this when very lean is almost destitute of carbonaceous properties, it follows that, as the system must and will have it from some quarter, liquor is drunk to supply the carbon, hence the cause of the craving.

Mr. Lewis in "Physiology of Common Life" says: "Alcohol replaces a given amount of ordinary food. Every one knows how little the drunkard eats. To him alcohol replaces a given amount of food."

Liebig tells us that in temperance circles, when beer was withheld and money given instead, it was soon found that the monthly consumption of bread was so strikingly increased that the beer was twice paid for, once in money and again in bread. He also reports the experience of a landlord during the Peace Congress at Frankfort. The members were teetotalers, and a regular deficiency was observed daily in certain dishes, especially the farinaceous puddings, &c. It was found that men made up in pudding what they neglected in wine.

The second reason for the relinquishment of meat by the inebriate is this, meat by its stimulating effect upon the nervous system prepares the way for intemperance. Other things being equal, the more meat people eat the more likely they are to become drunkards. It is a well-known fact that by its action upon the brain meat has an exciting effect upon *all* our passions.

Persons of a lively, excitable, mercurial nature are more likely to have a desire for liquor than those of a dull, slow or stupid nature. A phlegmatic temperament may drink moderately, a nervous temperament always to excess.

Meat or any kind of food or drink, or any influence whatever that will stimulate the nervous system, will produce or increase that nervous excitability which is so favorable to drunkenness.

It has been said of Kean, the actor, that he suited the kind of meat which he ate to the part he was about to play, select-

ing mutton for lovers, beef for murderers, and pork for tyrants. If a man be laboring under any formidable brain disease, the consulting physician will at once prohibit meat; or in the case of the paralytic, he must eat no meat, it is altogether too exciting to the brain.

That meat has this stimulating effect has been amply proved by observation. Beasts and birds of prey, who live on flesh, are cruel and ferocious. Feed an army largely on meat and you increase their ferocity and improve their fighting qualities, hence meat-eating people usually easily overcome those into whose diet meat does not so largely enter. Hence the old adage, give a prize fighter plenty of raw beef.

That the ordinary domestic animals have their dispositions changed by meat diet, that swine grow irascible by having flesh food given them, is well known, so much so that they will then attack men. A watch dog becomes more fierce, and will attack marauders more readily, if fed on meat exclusively.

The *Lancet* says (1869 and 186, vol.1), "A bear kept at the Anatomical Museum of Giessen showed a quiet, gentle disposition so long as he was fed exclusively on bread, but a few days feeding on meat made him vicious and even quite dangerous."

The celebrated "Joe Beef," of canteen notoriety, Montreal, has three large black bears and two cubs in a cellar. While fed on stale bread, sugar and water they are gentle and familiar, allowing themselves to be handled. But a year ago, after having been fed on meat for some time, they grew so ferocious as to be quite dangerous. One of them seized a child of the owner and carried him away into the dark

cellar, where the father rushed after to the rescue. The maddened brute being deprived of its prey by the father snatching the child and throwing it out of the hatch into the room above, seized the man by the thigh, and would have torn him to pieces but for a strong blow dealt it with a brick on the forehead. On returning to the bread and sugar diet they resumed their peaceable disposition. The experience of all menagerie keepers has been the same.

Dr. Thomson, London, in "Experimental Researches on the Food of Animals," quotes a narrative of the effect of a repast of meat on some native Indians whose customary fare was fruit and vegetables; he says: "They ate most heartily, stuffing themselves as if they were never to eat again. After an hour or two, to his great surprise and amusement, the expression of their countenances, their jabbering and gesticulations showed clearly that the feast had produced the same effect as any intoxicating spirit or drug. A second repast was attended with the same result."

A *third* way in which meat-eating perpetuates intemperance is by its irritating effect upon the mucous membrane of an already diseased stomach, increasing gastritis or inflammatory congestion, which exists in the stomach of all drinkers. By meat giving the stomach more work to do than would vegetable food gastritis is increased, *thirst* is increased, and this calls for liquor, without which a feeling of unutterable "sinking is felt at the pit of the stomach," which a fresh glass of spirits relieves, and so the drinker thinks he must drink, and eats meat because he thinks that alone will satisfy his hunger and strengthen him, and so he goes on with his meat and stimulants, stimulants and meat, perpetually. Confirmed gastritis



results, despondency and excessive mental depression follow.

When we consider that every confirmed drunkard suffers more or less from gastritis, and the marked interference with the normal functions of the brain caused by alcohol, is it to be wondered at that moral and religious influences, or, as some religionists are fond of expressing it, "the grace of God" is so powerless to save, or even permanently benefit, the victim of the physical disorder which we term inebriety.

The appetite for strong drink is beyond question a physical disease, and must be treated as such. The stomach and other diseased organs must not only be cured, but a proper regimen insisted on.

When the case has advanced to such a degree that the stomach and brain are thoroughly diseased, what is the use of talking of the "grace of God," in the flippant way it is spoken of, curing the disease, or how can moral and religious influence take away a man's craving for strong drink? Divine aid may assist a rational man to keep an appetite in subjection as a chained tiger, but to remove such an appetite is a difficulty. Besides God works by fixed laws which He is too consistent to break, and not even in answer to prayer, as some foolishly suppose, is He ever inconsistent with Himself and His fixed natural laws.

A reformed drunkard recently told me in a boasting way: "There is nothing but the grace of God can cure a man of drunkenness," using the same cant phrase in a most positive manner, whereas at the same time, as I afterwards learned, he was tippling, and a short time afterwards (about two weeks) destroyed himself in a fit of despondency by taking too much morphine.

G. L. Walker, D.D., writing on the subject of regeneration, concerning the much-vaunted doctrine that regeneration removes the physical appetite for strong drink, says: "Nothing could be more dangerous or untrue. Conversion does not always, if indeed permanently ever, remove an appetite for strong drink."

This doctrine of complete eradication of appetite by conversion, besides being untrue, is most discouraging, and likely to lead a converted man to reason that, if it were true, he should not find his desire still tempting him and conclude that religion is all a mistake.

Unless the appetite for strong drink be removed the reformation of the habit gives no security against a return to the old paths. The drunkard's family live, as it were, on the slopes of a volcano, which is but smouldering and may burst forth with increased fury at any time.

Then let the superhuman efforts that have been wasted in the past on the hearts and minds of erring fellow-creatures be intelligently directed to the reformation of their mode and manner of living, eating, &c., &c., and the chances of success will be greatly improved, and many poor inebriates who have been considered hopeless saved and made useful and respected members of society.

I would recommend any one interested in the reformation of a drunkard to procure and read carefully Fowler's "Vegetarianism a Radical Cure of Intemperance."

*Electricity.*—The value of electricity as a remedial agent in dilapidated states of the human system very greatly depends upon the degree of intelligence with which it is applied. In conjunction with proper remedies its restorative and curative effects upon exhausted nerve-tissue is worthy of all consideration.

The artificial application of electricity to the human body produces special physiological phenomena according to the kind used, its quantity, its force, the position of the poles determining the direction of the current and the locality and nature of the tissue to which the application is made.

Thus, when a current, ascends it increases excitability in a part, since it is in the opposite direction to that in which the nerve current flows; when it descends it is in the same direction as the nerve current and hence it calms and soothes. An ascending current acts most powerfully on the nerves of sensation; a descending one on the nerves of motion: an ascending current increases reflex action; a descending diminishes it.

Electric currents have a marked effect on the blood and on its circulation, and powerfully influence nutrition. The immediate effect of electricity, when judiciously applied, over the body is to produce a feeling of enlivenment and exhilaration, increased warmth of the body and relief of pain, just as is experienced when a healthy reaction follows a shower bath.

Local electrization of the spine, or cervical sympathetic, makes the night's rest sounder and more refreshing. When applied generally over the body it improves the appetite and the digestive functions, and regulates the bowels, besides improving most definitely the nutrition of the parts to which it is applied. It will improve the circulation in a part and restore a wasted muscle, but it is for its influence upon the vital functions that electricity is being constantly employed.

The very remarkable tonic effects of electric currents upon the living subject may be explained partly by the direct physical and chemical action of the electricity and partly

by the changes of tissue that accompany muscular contractions.

The state of the nervous system in chronic alcoholic poisoning is one of great molecular derangement. This is due, not only to the immense amount of hydrocarbon carried by the blood to the remotest tissues where a nerve filament exists, but to a direct condition of innutrition. Alcohol rapidly destroys the nervous currents when directly applied to a healthy nerve. How much more must it affect the currents in nerves which draw their nutrition, and, consequently, their force and vigor, solely from blood rendered previously unhealthy by a long-continued course of alcoholic saturation.

The nervous symptoms produced by the abuse of stimulants may be confounded with locomotor ataxy, paralysis agitans, metallic tremens, partial paralysis from disease of the brain or spinal cord, and the early stages of general paralysis.

The mental condition called oinomania is one of constitutional insanity, characterised by periodic fits of excessive drinking, with obliteration of all sense of common decency.

In treating alcoholism in the young, all stimulants should be interdicted at once; in the aged, owing to the condition of the circulation and the structural changes taking place, stimulants may be allowed in greatly diminished quantity, and gradually dropped altogether.

The galvanic or Faradaic current should be administered every night before bed-time for a short time (say 15 to 30 minutes) to the whole course of the spinal nerve roots, changing alternately from the cervical sympathetic and pneumogastric to the pit of the stomach, as directly over the



solar plexus as possible. In mild cases success has followed galvanism of the pneumogastric alone.

In confirmed cases this treatment, conjointly with other remedies indicated, must be persevered in steadily for some time, to secure such complete restoration as may be relied upon.

In cases of chronic enlargement of the liver, spleen or chronic congestion of the kidneys, or in cases of confirmed drunkards' dyspepsia, the application of a stimulating electric current must be sedulously applied over the organ deranged, and, if persevered in, the happiest results will follow.

"The very great increase of heat produced by muscular contractions, with the accompanying increase of heat produced, the increased absorption of oxygen, the modifications of endosmosis and exosmosis, the change in the form and color of the red corpuscles of the blood, all the recognised molecular and chemical phenomena that result from electrization of the tissues, help to account for the wonderful and often rapid increase of weight, with improvement in all the vital functions resulting from the continued use of electricity." (Campbell.)

The *Acne Rosacea* which attacks the nose and face of excessive drinkers and *bons vivants* is due to diseased conditions of the stomach and liver. Correct habits of living, total abstinence from stimulants, and a well-regulated milk, fruit and farinaceous diet assist in removing the cause.

"Experiments show electricity to be an efficient remedy for the evil effect of excessive drinking on the human nose (which, however, may be very closely simulated by the effects from certain disordered conditions of the liver). By the application of a mild electric current to noses of the

most bacchanalian hue, the negative pole being at same time applied over the region of the liver, the flesh may be made to "come again as the flesh of a little child."

This fact may be easily proven by experiment, and might be illustrated by reference to the result in a number of cases, some of very high rank in society, did not the confidential nature of the case, and fidelity to the interests of patients, preclude the possibility of any such reference.

The benefits to be derived from electrization may be categorically summed up as follows, when applied to the restoration of the nervously prostrated or otherwise debilitated individual :

1st. Improvement in sleep. 2nd. Increased appetite and improved digestion. 3rd. Improvement in circulation. 4th. Relief of nervous and mental depression. 5th. Relief of weariness and pain. 6th. Regulation of bowels. 7th. Increase in size and hardness of muscles and in the weight of the body. 8th. Increased disposition and capacity for mental and physical labor.

This brings us to a consideration of the next most important adjunct in the treatment of the inebriate or the nervously prostrated—

*Massage*—What massage consists in and how to employ it for the restoration of the debilitated organs of an abused or over-taxed organism is of considerable importance to understand, as there is no means of equal value in the treatment of the nervously debilitated generally, in whom we chiefly desire to reproduce blood and fat and restore nervous energy. This is employed in four different ways. The ordinary popular method of rubbing down patients, or the Swedish movement, is not massage or any approximation to it, and will not produce its effects on the system.

The 1st method consists in simply pinching up the skin thoroughly over the extremities and trunk.

2nd. Pinching up the muscles, done with both hands, which grasp deeply, and seize as much as possible of the muscular tissues. Over the bowels this plan is adopted in dyspepsia, constipation and disorder of the liver.

3rd. Tapping and beating or percussion—the Lomi-lomi of the Sandwich Islander.

The body may be gently hammered with a pleximeter or with the fingers or whole hand.

“ Properly done by a skilled nurse—and all these applications presuppose the aid of a skilled nurse—it sends vibrations at a distance from the point touched, not only stimulating the skin and muscles directly beneath the hands or fingers but the most remote parts of the body.” (Beard.)

“ This is the massage of the Sandwich Islanders who divide it into general and special, *i.e.*, for the whole or part of the body, and is performed by experienced women. It consists with them in kneading, squeezing, rubbing, in various degrees, from the tenderest caress to the severest grip. To perform this, or have it performed for one, is one of the highest compliments a host can pay his guest.” (Emerson.)

4th. Passive movements of the joints—This consists in moving all the joints, great and small, from the fingers to the shoulders and hips, backwards and forwards, and rotating them each a number of times. In paralysis and stiffness of joints this is especially beneficial, but also in nervous prostration and functional nervous affections great benefit can be derived from it.

It may take from fifteen minutes to half an hour, every

day, morning or evening on alternate days, as the case may require, alone or with the use of electricity. Carried out thoroughly, the effects of massage in myelasthenia or exhaustion of the spinal cord is signally beneficial.

Its effects resemble those of general faradization, quickening and equalizing the circulation, inducing general quietude and disposition to sleep, relieving pain and restlessness.

To secure its benefits it must be systematically and skillfully used. The manipulator requires an intelligent appreciation of the requirements of each case, must have strength of hands and fingers, endurance and elasticity, also time and patience to do it thoroughly, which every physician has not at his disposal, but every physician can have nurses trained in the performance of it, and herein lies the secret of the great success attained by Dr. S. Weir Mitchell of Philadelphia, in the treatment of functional nervous disorders of nervous women. A nurse is detailed to the charge of so many cases, and held to strict account for the performance of the duties.

Professor von Mosengeil, Bonn, says of massage: "Its value must be recognized, but it is not adapted for everyday use by the busy physician. Specialists will probably get the best effect from it."

Dr. Graham of Boston, on history of massage, says it dates back to Hippocrates and Celsus, and in 1813 was first systematized by Sing of Sweden.

Dr. Mezger of Amsterdam has introduced a new system of massage, with which he treated successfully the Danish Crown Prince for a chronic joint malady, in accordance with the teachings of Physiology and Pathology, since which time, seven years since, it has been acknowledged as a highly valuable and most worthy adjunct (when applied by a skilled



nurse) in the treatment of neuroses, chronic inflammation, and various inflammations of the joints. To Mezger belongs the credit of having elevated massage to the dignity of a special branch in the art of medicine.

**Baths**—Turkish and Russian baths are of service in many cases, but cannot be indiscriminately recommended; they require to be used with great judgment.

A *warm bath* followed by a cold sponge to the head and spine is easy of application and of great service.

Alternations of hot and cold spray or shower baths are of use in the nervous exhaustion of delicate females.

In all cases the patient should be quickly rubbed down with a bath towel, soft or harsh to suit the feelings of the patient, until a gentle glow of heat is produced and a feeling of exhilaration and comfort remains. Once a day is sufficient in most cases. In the very weak, every other day.

**Medication**—In neurasthenia or nerve exhaustion, we have no disease-producing entity, no foreign poison introduced into the system, but simply mal-nutrition giving poverty of nerve force with instability and abnormal action in the ultimate molecules of the nerve substance comprising the nerve centres. Hence any medicine to be of service must in reality be a tonic or nerve alterative.

In the genuine red cinchona or extract of *Toxa bark* we get our best nerve tonic and alterative, and that which proves most successful when wisely administered in the restoration of nervous exhaustions, whether spinal or cerebral.

In nervous irritability or irascibility of temper, the best effect is obtained from hydrobromic acid in liberal doses with small doses of quinine.

In quite a number of cases the disorder or general nervous

exhaustion is dependent upon diseases of some local organ by which it is maintained, as the liver, stomach, kidneys or reproductive organs.

It is always necessary to search out any such local disorders, and by suitable treatment relieve them before we can expect relief of the general symptoms.

The treatment of the local disorder should be first attended to, else disappointments and failures innumerable will be the result.

Constitutional and local treatment should be judiciously continued.

In spirit drinkers we are sure to have local disease of some organ, either the stomach, liver, or kidneys, and here we have the foci in which centres the whole trouble, and on whose existence the whole drink crave may depend.

In females excessive child-bearing, leaving an exhausted condition of the womb, may be the centre from which the flame of nerve prostration and morbid desires and appetites have been spread throughout the entire system, so with other local disease centres. Neglect of local treatment would be neglect of the pivot on which success must turn.

In cases of general exhaustion without any local disorder from excessive fatigue or over work, rest and nerve tonics are required.

Tinct. nux. vomica and quinine with the dilute nitromuriatic acid acts kindly and beneficially, or teaspoonful doses of Easton's syrup three times a day will answer still better.

In *menorrhagia*, excessive menstruation or weakness of the womb, causing general weakness in the female with a craving

for stimulants, the local trouble requires a mixture of quinine, aromatic sulphuric acid and tincture of cimicifuga or cohosh three times a day.

In glandular enlargement and general relaxation of the important glandular structures, as the liver, kidneys, spleen, leading to dyspepsia, hypochondria or melancholia, &c., there is a loud call for a powerful alterative, as the double chloride of gold.

In such cases, and every case of inebriety is one of these, *Dr. Keeley's Double Chloride of Gold Elixir* is a certain and reliable remedy which should be administered freely in frequent doses five or six times a-day.

To relieve a debauch, *emetic doses* every half hour of a strong infusion of Serpyllia or Russian wild thyme for two or three days restores the patient thoroughly, which if followed by aromatic spirits of ammonia or liquor ammonia acetatis, completely picks him up and fits him for business.

In *opium eating* the drug must not be interdicted from the outset, but gradually diminished and general faradization given.

The extract of the Erythroxyton coca, administered in tablespoonful doses every three hours, destroys the appetite in a very short time, and if the patient is furnished with this extract, and enjoined to take a dose whenever the desire to take opium or morphine is felt, a complete and radical cure will speedily result.

Those who make use of coca will have no desire to resort to spirits, opium or tobacco to relieve *ennui*.

It is the best of all medicinal agents yet known to the profession in all forms of nervous exhaustion. No debilitated or nervous lady should be without it. It is not a special

stimulant to take the place of some other stimulant, but a wonderful tonic remedy affording a supply of true vital force.

*Perseverance* is an *element* of success which cannot be omitted in the treatment of inebriates, and is required on the part of all interested, including physician, friends, nurse and patient.

The foregoing combined plan of treatment is applicable with very slight modification to cases of inebriety, opium mania, melancholia, nerve exhaustion, hysteria and sexual disorders, bearing in mind that it is the way in which these means of cure are used that determines the result, and a return to active normal life the reward.

The emaciated and dyspeptic by this means may be surprised at their increase in fat and weight of body, and by their capacity for taking and assimilating large quantities of healthy food astonishing their friends and relatives.

The inebriate, by persistent use of the chloride of gold and extract of cinchona, has his nervous system and glandular organs so changed, toned up and restored to a healthy condition that absolutely no desire for a stimulant is ever felt, but to press it upon their acceptance makes it positively repugnant.

It is always to be remembered that a *habit* once learned can always be learned again in the same manner if the person be so wanton or reckless as to expose himself to the *modus operandi* a second time.

No one can expect friend or physician to act as a special guardian angel through life to guard against the first beginnings of a new temptation. Self-respect and self-preservation must be the guardian sentinel to ward off the first

approaches to renewal of the evil habit, and friends are criminally culpable if they lead a cured inebriate into temptation by offering wine or other alcoholic beverage.

This outline of treatment is most imperfect and hastily written, but I trust it may serve as a guide to those anxious to save their dear ones from the coils of this monster serpent, intemperance.



## DIETARY AND SANITARY REGULATIONS.

1. An exclusively vegetable, fruit and farinaceous diet is necessary, while under treatment. The free use of sour milk, butter milk, or fresh milk in the absence of both of the former.

2. Acid drinks, as lemonade, &c. Acid fruits, as grapes, &c., are very desirable.

3. Hot baths morning and evening, or once a day, in the evening, must be insisted on, and the body well rubbed with a hard crash towel after each bath. Sponging the body down with a sponge wet with vinegar and water is necessary every morning during the early part of the treatment while the night sweats continue.

4. "Early to bed and early to rise" is a good maxim to follow in these cases.

5. Regularity in eating is essential.

6. Regulate the bowels by taking seidlitz powders frequently, on an empty stomach in the morning when necessary.

7. Avoid taking liquor of any kind (if possible) while under treatment, or, if that course cannot be followed, supply the patient with a small quantity of every kind imaginable, and place them freely within his reach, telling him to help himself as this is his last chance, but take good care that, drunk or sober, he swallows a dose of his medicine every third hour.

8. There is nothing to be gained by placing a patient under such restraint as will prevent him from obtaining a glass of the liquor he may have a craving for, since thereby an impression is left on his mind that, if he could have had it at that time, he might have enjoyed it, and he never ceases to remember the privation, and revenge it by taking a double dose at the first opportunity: in this way many relapses are to be accounted for. What is necessary is that he be confined to one room, where all his requirements can be supplied, and where his attendants can be certain that the dietary and sanitary regulations and the medical treatment can be fully carried out.

9. It is indispensably necessary that the medicines prescribed be taken regularly as directed (which is usually six times a day, a teaspoonful in a wine-glass of water, or oftener if the desire to drink is very strong). If nausea of the stomach is experienced at first the strength of the medicine may be reduced until the stomach has become accustomed to it. However a great point is to keep the taste of the drug continually on the tongue.

10. The medicine must be continued in the usual doses until the patient finds liquor to be distasteful to him, and is inclined to refuse it altogether.

In this malady the *nervous system* and glandular organs enfeebled, are in a state of morbid excitement, frequently having undergone structural changes requiring the protracted application of tonic and alterative treatment, with rest and nourishment, to effect their restoration, hence in old and confirmed inebriates the treatment should be continued persistently until all doubt of a permanent cure has been removed—nature will then do the rest.

11. As valuable aids to the treatment comfortable lodging, pleasant surroundings, agreeable and helpful associates, wholesome mental and moral influences, are to be commended; change of air, scenery, and habitual residence while undergoing treatment are desirable. Best of all the good counsel and encouraging hopeful words of Christian women, inspiring self-respect and good resolutions.

12. Where the patient loves liquor, and is left to himself, he will not take his medicine faithfully, but will pretend to have done so, whereas he may have been all the while spilling it in some convenient corner. Unless the person himself, or herself, is sincerely desirous of being cured, great shrewdness and attention is necessary on the part of the nurse or attendant having charge of the case to avoid being humbugged completely.

The total abstinence plan in the matter of drinking liquor is always preferable where it is possible to carry it out. The utmost precision must be followed in the treatment.

The observance of the foregoing suggestions will greatly facilitate the cure and prevent disappointment.

Every drunkard carries his sign about with him, and unconsciously exhibits the

### EFFECTS OF ALCOHOL UPON THE FACE.

—What in the human face

Appears with such a lovely grace

As the sweet bloom on youth's fair cheek,

Of which the poets love to speak?

The blushing red, the pearly white,

How beautiful when they unite,

And, blending so their color each,

Rival in hue the very peach!

Delightful bloom of health and youth

I tell you now the very truth:

You can't preserve it, son or daughter,

Without a beverage of PURE WATER.

I've seen the man whose cheeks were flushed,

And thro' whose veins the crimson rush'd,

Driven by brandy, rum, or gin,

Or something alcohol was in;

You need not ask where he has been,—

Look at the color of his skin:

A darkish, dusty, dirty red,

As if he needed to be bled;

Just such a face you'd like to miss;

Five dollars could not buy your kiss.

Grim apoplexy, tiger like,

Is ready on his heart to strike,

His days, poor man! will soon grow shorter,

Unless he takes to clear, COLD WATER.

It sometimes works another way,  
 Still proving alcohol's hard sway,  
 And shows how easy 'tis to trace  
 The story in the human face.

The man is pale ; the liquor took  
 The healthful picture from his look ;  
 At one time purple, then he's pale ;  
 His face ? It tells a sorry tale !  
 If no one sees him when he drinks,  
 No one can know it, so he thinks,  
 But there's his face the whole time telling  
 Secrets about him and his dwelling.

But hark, fresh danger threatens now,  
 To undermine the temperance vow ;  
 Under pretense of healthful cheer,  
 They're advocating puffy beer,  
 Thus many drink, and larger grow,  
 Not knowing how their faces show.  
 Oh, how it swells and bloats the face,  
 Killing expression, beauty, grace !  
 How dull he looks ! how clumsy speaks !  
 He's got the dropsy in his cheeks !  
 But not his face alone is damaged ;  
 It's curious how his mind is managed ;  
 When playful, he will grunt or growl ;  
 When still, he's solemn as an owl ;  
 His habit, like a rope, grows "tauter."  
 Till beer he quits for clear, COLD WATER.

Remember Temperance is the best  
 Cosmetic with which we are blest ;  
 It purifies the skin and blood ;  
 Of evils, it prevents a flood ;  
 It keeps good hours,—it keeps good cheer ;  
 Brings joyful hope, dismisses fear ;  
 Steadies our nerves, our limbs, our brain,  
 And makes men feel quite young again,



It kills off passion, want, and strife,  
And other snaky foes of life ;  
Nothing will make such perfect slaughter  
Of fiery imps, as fresh, COLD WATER.

Oh, would you then prevent disease ;  
Would you your great Creator please ;  
Would you enjoy continued health,  
And grow in beauty and in wealth ;  
And would you keep your youthful bloom  
Until you're old and near your tomb,  
And see your grandson's lovely child  
Look in your face and sweetly smile ;  
Then, cherish the great temperance cause  
With or without the help of laws  
And, by a pure, religious, life  
Delighting Husband, children, wife  
And copying nature to the letter,  
Your only beverage be PURE WATER.

And, whether on the land or sea,  
Let your untiring motto be,  
" We give to Alcohol no quarter,  
Our only beverage is PURE WATER."



# CURE OF INEBRIETY.

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DR. BESSEY,

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invites a conference with friends of persons addicted to the intemperate use of alcohol or opium, with a view to their radical cure (which the discovery of new Therapeutic agents makes possible to guarantee).

Arrangements have been made for the accommodation of patients in a private asylum or retreat, where every comfort and convenience can be secured. Board and lodging must be paid for independent of medicine and medical attendance.

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